

Required Breakfast Nutrient Standards

These are *minimum* school week averages for nutrients, except for fat, saturated fat, and sodium.

Nutrient	Preschool (T,E,N)	Grades K-12 (T,E,N)	Grades 7-12 (Optional for E,N)
Energy Allowances (calories)	388	554	618
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron(mg)	2.5	3.0	3.4
Vitamin A (RE)/(IU)	113/565	197/985	225/1125
Vitamin C (mg)	11	13	14
Total Fat (g) (3)	13 (1)	18 (1)	21 (1)
Saturated Fat (g) (3)	4 (2)	6 (2)	7 (2)
Fiber (g)	5	5	5
Sodium (mg)	1500 (4)	1500 (4)	1500 (4)
Cholesterol (mg)	100	100	100

T = Traditional Meal Pattern E = Enhanced Meal Pattern N = Nutrient Standard Menu Plan

- (1) Fat should not exceed 30 percent of calories over a school week.
- (2) Saturated fat should be less than 10 percent of calories over a school week.
- (3) For both fat and saturated fat, the grams of fat will vary depending on the calorie level.
- (4) The maximum amount of sodium allowed is increased to 1500 mg.

Source: U.S. Department of Agriculture, Food and Nutrition Service. *A Menu Planner for Healthy School Meals*, 1998.

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Required Lunch Nutrient Standards

These are *minimum* school week averages for nutrients, except for fat, saturated fat, and sodium.

Nutrient	Preschool (T,E,N)	Grades K-3 (T) (Optional for E,N)	Grades K-6 (E,N)	Grades 4-12 (T)	Grades 7-12 (E,N) (Optional for T)
Energy Allowances (calories)	517	633	664	785	825
Protein (g)	7	9	10	15	16
Calcium (mg)	267	267	286	370	400
Iron(mg)	3.3	3.3	3.5	4.2	4.5
Vitamin A (RE)/(IU)	150/750	200/1000	224/1120	285/1425	300/1500
Vitamin C (mg)	14	15	15	17	18
Total Fat (g) (3)	17 (1)	21 (1)	22 (1)	26 (1)	28 (1)
Saturated Fat (g) (3)	6 (2)	7 (2)	7 (2)	9 (2)	9 (2)
Fiber (g)	5	5	5	5	5
Sodium (mg)	1500 (4)	1500 (4)	1500 (4)	1500 (4)	1500 (4)
Cholesterol (mg)	100	100	100	100	100

T = Traditional Meal Pattern E = Enhanced Meal Pattern N = Nutrient Standard Menu Plan

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